



# Fit for Surgery

## Have you got your Preoperative Screening Pack?

If you have been placed on the elective surgery waiting list it is important to make sure you are as fit as possible. This will help you achieve the best outcomes from the surgery and help in your recovery.

One of the most important factors to screen for is whether you have anaemia and/or iron deficiency.

Anaemia occurs when there are not enough red blood cells in your body, or the red blood cells do not have enough haemoglobin to carry oxygen to your tissues (caused by iron deficiency).

If you are anaemic and/or iron deficient at the time of your surgery it may increase your risk of having a blood transfusion, heart attacks, infection and delayed wound healing.

When the surgical clinic doctor places you on the waiting list for major surgery they will give you a Preoperative Screening Pack. The pack includes a blood test request form.

Please go to the Pathology Collection Room between 9:00 am and 3:00 pm Monday-Fri to have your blood tests taken.

The good news is anaemia can easily be treated but it takes time so the sooner you find out if you are anaemic the sooner you can start treatment.



Further information can be found in your Preoperative Screening Pack including a copy of the Fit for Surgery factsheet

